

CLAIMS

1. A back board apparatus to suspend a user in an upright position,
2 comprising:
3 a platform with a top end and a bottom end;
4 a strapwrap, physically coupled to the platform, to suspend the user against the
5 platform.
1. 2. The apparatus of claim 1, further comprising:
2 a foothold step attached toward the bottom end of the platform.
1. 3. The apparatus of claim 2, wherein the foothold step is adjustable in height.
1. 4. The apparatus of claim 3, further comprising:
2 a head rest attached toward the top end of the platform
1. 5. The apparatus of claim 4, wherein the head rest is adjustable in height.
1. 6. The apparatus of claim 5, further comprising:
2 an anti-skid runner coupled to the bottom end of the platform.
1. 7. The apparatus of claim 6, further comprising:
2 an arm rest coupled to the platform.
1. 8. The apparatus of claim 7, the arm rest further comprising:
2 a cup holder configured to receive a beverage container.
1. 9. The apparatus of claim 7, the arm rest further comprising:
2 a fold-out table configured to provide a flat level surface.
1. 10. The apparatus of claim 7, the arm rest further comprising:
2 a magazine rack configured to store written material.
1. 11. The apparatus of claim 6, further comprising:
2 a wedge runner to support the platform against a wall.

1 12. The apparatus of claim 6, further comprising:
2 a rack with a crossbar, configured to be coupled to the top end of the platform;
3 and
4 a bar, configured to be coupled to the platform on one end, and configured to be
5 coupled to the crossbar.

1 13. The apparatus of claim 12, wherein the top end and the bottom end are
2 coupled by hinges.

1 14. The apparatus of claim 13, wherein the top end is shaped to form a hole
2 near the headrest.

1 15. The apparatus of claim 14, further comprising:
2 a fastener configured to secure the strapwrap around the user.

1 16. The apparatus of claim 15, wherein the strapwrap is approximately six
2 inches in width.

1 17. The apparatus of claim 16, further comprising:
2 two loop harnesses, coupled to the top end, configured to receive arms of the user.